

## Ingredients

for 5 servings

- 1 cup (140 g) sunflower seed
- ¼ cup (40 g) yellow onion, finely chopped
- 1 cup (190 g) brown rice, cooked
- ½ teaspoon dried thyme
- ½ teaspoon salt
- 2 tablespoons water
- 1 cup (130 g) carrot, chopped
- ½ cup (120 g) celery, chopped

## Preparation

1. Preheat oven to 375°F (190°C).
2. In the bowl of a food processor, add sunflower seeds. Process until finely ground.
3. Add onion, brown rice, thyme, salt, and water and process until combined.
4. Add carrot and celery and pulse several times to combine.
5. Using a ½ cup (120 ml) measuring cup, portion 5 patties from the mixture. Place onto a lightly greased parchment-lined sheet pan.
6. Bake for 30 minutes, or until firm and browned, flipping over halfway through.
7. Serve burgers with your favorite fixins.
8. Enjoy!

## Ingredients

for 4 servings

- 15 oz (425 g) black beans, 1 can, drained, rinsed
- ½ cup (100 g) brown rice, cooked
- 1 cup (175 g) corn
- ½ teaspoon garlic powder
- 1 teaspoon chili powder
- 1 egg
- salt, to taste
- black pepper, to taste
- ⅓ cup (40 g) seasoned bread crumbs

- canola oil
- 4 slices pepper jack cheese
- tomato
- red onion
- avocado
- pico de gallo

## Preparation

1. In a large bowl, add black beans, rice, corn, seasonings, and egg. Using a potato masher, mash the ingredients until thoroughly mixed together.
2. Once mashed, add the bread crumbs and mix to combine.
3. Take a quarter of the mixture and shape it into a patty using your hands. Repeat with the remaining mixture to create four patties.
4. In a pan, heat a small amount of oil over medium heat. Add the patties and cook for 4-5 minutes, flip, top with a slice of pepper jack, and cook for another 4-5 minutes.
5. Place patties on buns, and top with sliced tomato, red onion, avocado, and fresh salsa.
6. Enjoy!

## Ingredients

for 5 servings

- 15 oz (400 g) black beans, 1 can, drained and rinsed
- ½ cup (90 g) jarred roasted red pepper, finely chopped
- 1 clove garlic, minced
- ¼ teaspoon cayenne pepper
- ½ teaspoon cumin
- ½ teaspoon salt
- ¼ cup (40 g) cornmeal

## Preparation

1. Preheat oven to 375°F (190°C).
2. In a large bowl, microwave black beans for 1 minute, or until softened.
3. Add roasted red peppers, garlic, cayenne, cumin, and salt. Mash until black beans are finely mashed.
4. Add cornmeal and mix until thoroughly combined.

5. Using a ½ cup (120 ml) measuring cup, portion 5 patties from the mixture. Place onto a lightly greased parchment paper-lined sheet pan.
6. Bake for 30 minutes, or until firm and browned, flipping over halfway through.
7. Serve burgers with your favorite fixins.
8. Enjoy!